



Profiles in Wellness



Howard Cowen, DDS, MS, DABSCD

Iowa

Over the past 23 years I have been involved in competitive cycling and running. I have completed a marathon in under 2 hours, 50 minutes, and have won many 10K events for my age group. I am currently 55 years old.

In the past 10 years though, I have turned my attention to bodybuilding, although still running. I have won numerous bodybuilding competitions such as the NPC Mr. Iowa competition, and the Master's division 3 times.

I have also won the Iowa NANBF Master's crown. This past summer I was the winner of our local Gold's Gym competition for most push-ups (119), pull-ups (29), bench press (360 pounds), % of body weight, and wall squats. This was not an age discriminated competition, so I competed against all members.

I am 6 feet tall, weigh 187 pounds, with a body fat ~ 8%, total cholesterol 167 (HDL-72), triglycerides 67, resting pulse 52, and blood pressure 110/67. I have a very strict diet, with less than 20% fat and very little refined sugar intake. I have accumulated over 2100 hours of sick leave (at 12hrs/mo) and have not had a personal sick day in over 2 years!